CSPH 5643 (3 Credits)

HORSE AS TEACHER: EQUINE ASSISTED THERAPIES

Online

**Instructor:** Jean Larson

**March 9 - May 3, 2021**

One day intensive: April 17, 10 AM - 4 PM

**COURSE DESCRIPTION**

This online course will introduce you to the field of Equine-Assisted Activities and Therapies (EAAT) and the range of therapeutic learning opportunities found within equine interactions. The course presents concepts which helped develop various types of EAATs and shape the practice. You will learn the necessity for safety guidelines and precautions/contraindications in EAAT sessions. During a one day intensive online class, you will observe therapeutically trained horses demonstrating course concepts and topics. You will synthesize the course by developing an EAAT program plan for an assigned target population.

**COURSE OBJECTIVES**

At the end of the course, students will be able to:

- Discuss how the history and theory has influenced all forms of EAAT.
- Identify best practices when providing EAAT.
- Examine principles and practical applications when providing EAAT to users from various populations.
- Observe trained horses performing EAAT to better understand the basic tenets of planning and facilitating EAAT programs and services.

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